












RECOMMENDED — COOKING TEMPERATURES

Type of Food	Action Required
 <p>Food mixtures containing poultry, eggs, meat, fish or other potentially hazardous food</p>	Cook to an internal temperature of 74°C (165°F) for at least 15 seconds
 <p>Poultry (whole)</p>	Cook to an internal temperature of 82°C (180°F) for at least 15 seconds
 <p>Poultry (parts and ground)</p>	Cook to an internal temperature of 74°C (165°F) for at least 15 seconds
 <p>Reheated Food (leftovers)</p>	Cook to an internal temperature of 74°C (165°F) for at least 15 seconds
 <p>Pork, Lamb, Veal</p>	Cook to an internal temperature of 71°C (160°F) for at least 15 seconds
 <p>Ground Meat (beef, pork)</p>	Cook to an internal temperature of 71°C (160°F) for at least 15 seconds
 <p>Fish</p>	Cook to an internal Temperature of 70°C (158°F) for at least 15 seconds
 <p>Beef (whole cuts) Med-rare</p>	Cook to an internal temperature of 63°C (145°F) for 15 seconds
<p>Medium</p>	Cook to an internal temperature of 71°C (160°F) for 15 seconds
<p>Well</p>	Cook to an internal temperature of 77°C (170°F) for 15 seconds
 <p>Eggs</p>	Cook to 63°C (145°F) for at least 15 seconds



www.traincan.com

• 888-687-8796